

NEW CASTLE COUNTY VOCATIONAL TECHNICAL SCHOOL DISTRICT





DECEMBER 2009

Breakfast Prices:

Student Breakfast \$1.00
 Reduced Breakfast \$.30

Lunch Prices:

Student Lunch \$1.75
 Reduced Lunch \$.40

Monday	Tuesday	Wednesday	Thursday	Friday
	Combo Wing Dings Mozz Sticks/Sauce French Fries Fruit & Milk 1	Chicken Patty Corn Fruit & Milk 2	Beef A Roni Broccoli Bread Fruit & Milk 3	Soup Du Jour Turkey Melt Pretzel Roll Hot Apple Slices Milk 4
Chicken Fingers Whipped Potatoes Gravy California Blend Applesauce Milk 7	Cheeseburger French Fries Fruit & Milk 8	Shrimp Poppers Au gratin Potatoes Mixed Veggies Fruit & Milk 9	Baked Chicken Sweet Potato Casserole Green Beans Dinner Roll Manager's Dessert Milk 10	Pizza Tater Tots Fruit & Milk 11
Spaghetti/Meat Balls Side Salad Bread Fruit & Milk 14	Cheese Steak/Roll Oven Roasted Potato Wedges Fruit & Milk 15	Mozz Sticks/Sauce Side of Pasta Broccoli Juice & Milk 16	Popcorn Chicken Seasoned Rice Golden Corn Fruit & Milk 17	Manager's Choice 18
  NO SCHOOL - WINTER BREAK!				
21	22	23	24	25
NO SCHOOL - WINTER BREAK!  				
28	29	30	31	

PAYPAMS
 (Parent Account Management System)

The New Pay on-line by Credit Card for Student's School Meals is NOW Available at www.paypams.com

We are offering information on the Nemours program for a healthier lifestyle . . .

**5-2-1-Almost None:
 One Formula for a Healthy Lifestyle**

The percentage of young people who are overweight has more than tripled in the last 20 years. About 35% of children in the U.S. and 37% in Delaware are overweight or obese.

Nemours is taking a leading role to help people understand the causes and health implications of obesity and the best ways to promote healthier lifestyles among children and families. Our "formula for a healthy lifestyle" is 5-2-1-Almost None.

Available Daily: Assorted Salads, Sandwiches, Subs, Wraps, and Manager's Alternative Entree • **Menu subject to change**